**Questions**

**Please answer the following questions in order to prepare yourself for sessions. The questions may guide you in honing in on your client agenda.**

1. What are your personal or professional goals?
2. Which goals really stay with you even after time passes (months/years) or regardless of what life-changes you go through? (for example, new job, family situation, etc..)
3. What New Year’s resolution have you made more than once?
4. What are your strongest beliefs about yourself and the world at the moment?
5. What gift about yourself would you like to share with the world?
6. Where do you get your energy from (feel most energized)?
7. What are you merely tolerating in your life right now?
8. What benefits are you getting from the status quo?
9. What aspect of your life, if changed, would put a great big smile on your face?
10. What three goals come to mind?
11. One a scale of 1-5 (five being the most, one being the least), how motivated are you to have change in your life?
12. When we meet at the end of the 6 months or 12 month program you selected, what do you want to be most happy about achieving during that period that we worked together?
13. Is there any other information about yourself that you would like me to know, comments you’d like to make or questions you’d like answered?

**Please complete the questions above and email them to me at** **Kelly@winall.us** **PRIOR to your first session.**

*Thank you!*